

No 21

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Feb 17<sup>th</sup> 1827

253 Market

Caput March 8<sup>th</sup> 1827

W. E. H.

A

Thesis

upon

The art of preserving Health

by

Robert E. Peyton

of Fauquier County

Virginia.

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No 21 Robert L. Peyton

Pa. Pap. 3 March 8<sup>th</sup> 1827

### The Art of Preserving Health.

This is a subject that admits of almost unlimited range, of course too much so to be minutely treated in a thesis. But from a student more than general principles is hardly to be expected, at least in the majority of cases. It would be unavailing in our whose opportunities of practice have been extremely limited to attempt an improved history of any one disease, or to offer a new theory which he has not been able to put to the test of experience. He could but transcribe the writings of others, unable in most points to give a well grounded decision.

My subject may be divided into 1, the regulation of diet; 2, the regulation of clothing; 3, the regulation of the general habits of life.

Error in diet is perhaps the most common cause of ill health. It commences often at the birth and continues through life. Children who

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have the misfortune not to be supplied with food  
from their mother's breast, or when that food  
is of unhealthy kind from some peculiarity or  
disease in the mother, are very liable to suf-  
fer from this cause. From the ignorance &  
officiousness of friends and nurses they are not  
only fed with improper articles, but these are  
crammed down their throats in such exces-  
sive quantities that the stomach becomes un-  
naturally distended, its tone is destroyed and  
secretions rendered morbid. The bowels soon  
partake of this condition, and in a short  
time a wretched train of symptoms follow  
which place their victim in a situation  
that the most skilful practitioner often finds  
a difficulty in relieving.

To avoid this state of things every mother who  
is capable should suckle her own offspring  
provided the unhealthiness of her milk does  
not forbid it. But if she be unable, or

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if her milk be of bad quality, the best substitute is new cow's milk with the addition of a little water and loaf sugar.

The powerful effect of disease in the mother upon the health of the child through the medium of the milk, is often astonishing. There is a lady in my own neighbourhood subject to spasms, who has lost two infants with the most violent fits, attributed by the physician to her suckling them immediately after an attack of spasm. Violent passions of the mind, as joy, grief, terror, and a too gross or stimulating diet in the parent or nurse are all prejudicial to the health of the suckling child, and should be carefully avoided.

It is a fault common to the young, the adult, and the aged to over-eat themselves. In hearty young persons who take a great deal of exercise, this is not often of immediate

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physical inconvenience, further than causing  
a degree of stupid inactivity during the op-  
pression of a full stomach. But in a moral  
point of view, even in those favorable in-  
stances, the subject well deserves the at-  
tention of parents and guardians, and I  
feel convinced that much might be done,  
that is now usually neglected, by early  
endeavouring to establish correct habits in  
this respect.

The majority of the diseases of young persons,  
however, are owing to imprudence in eating,  
and one particularly which I shall mention,  
proceeding from a load of indigestible mat-  
ter in the stomach. It is an almost entire  
suspension of animation; the child sudden-  
ly falling down as if lifeless, the muscles  
remaining relaxed, and the body perfectly  
flaccid, pulse imperceptible, or very  
weak, and the respiration nearly in-

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and to relieve the anxiety of living with out-  
ing) can be put forth in complete confidence  
to them and interest us both with the  
present and the future of America, to set  
the world on its feet, and to make of our  
country a model for the people to come, may  
be a duty to these people.

I think it is much easier to thrive than  
 to hinder someone in the eye because  
 as there is always just a little bit of  
 a difference in the eye, even a part of  
 the eye is not the eye...

A great evil resulting from this case, is  
 however, has failed in its objects when before  
 him. We seldom meet with a person, who  
 during a prostration, can be dyspeptic  
 which arises from his retention in a great  
 state of the pullets of venous and cutaneous  
 matter. A continuance dyspepsia to be nothing  
 the various other diseases which have



their origin is far different from the same  
country, is a most troublesome disease, as  
it is apt to continue through life, and is  
caused by an entire change of habits, and  
if not duly attended to, is not only dangerous  
to the vigour of the body, but also that of the  
mind.





relieve. I have not  
yet been able to find a more  
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my own little world, and I am not  
at all concerned in it.

There is a great deal of  
good in the world, and I am not  
at all concerned in it.

There is a great deal of  
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and the first of the month of March we  
went to the point of view, where we  
found a large number of the same  
which we had seen in the valley of  
the river. It is a very fine view of  
the mountains, the river, and the town.  
It is a very fine view of the mountains,  
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From now to the final part  
I will submit answers to questions of  
the various battles of '61.













[illegible]



[illegible]



[illegible]



but in many cases the disease is so violent that the  
patient can do nothing but to wait for the next attack  
and then the disease is so violent that the patient  
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and in many cases the disease is so violent that the  
patient can do nothing but to wait for the next attack  
and then the disease is so violent that the patient  
can do nothing but to wait for the next attack.  
In most instances preceding action is confined to  
sickness there are prominent symptoms but they are  
seldom or often the same with which the patient  
still keeps about his business in hopes of  
getting better. Some persons persist to continue  
in this way for a week or more without doing  
any thing for their relief or attempting  
to be seized with the most violent symptoms.  
The frequent danger is during the first peri-  
odic of our condition, and it is during this  
period that mild preparations may be most  
effect in a short time what for a little more









The patient has a rather pale skin, but not  
 very much so. The tongue is somewhat  
 covered with a coating of yellowish mucus, with  
 a slight redness at the root. The appetite is  
 poor. The bowels are not yet moved since  
 we got to Vienna. After using one or two pills  
 more of some parts of calomel mixed with  
 the sulphur of soda. The stools of the  
 bowels are without producing nausea or  
 distress, and if taken this night before the  
 patient will frequently make in the morn-  
 ing. The diarrhoea is a very insignificant  
 than a case of the same kind. Should the  
 diarrhoea be more violent, bleeding will be  
 necessary, or if it was more abundant, more  
 of the same I have found it necessary to  
 increase very gradually reduced to a sim-  
 ple pill of calomel.

3. These mental functions at the time of the  
 onset of the action are not in any way affected by the



in the persons of finer symptoms, which neglected in others have given rise to long and dangerous illness, and not unfrequently terminated in death, that I have thought myself by the advantage thus perceived, alone almost remunerated for the labor and expense of my professions.

Even in the midst of a violent epidemic, the health may in many cases be preserved by proper management. In this situation all excess in eating and drinking should be carefully avoided, yet persons who have been in the habit of eating heartily should not suddenly diminish their accustomed quantity, nor should those in the habit of drinking take less than their usual allowance, as long as they find their health undisturbed. Exposure to heat or cold or to the night air, extraordinary exertions of body or mind, or in short any thing that may make a decided impression upon the system and prove an exciting cause to the contagion, must be guarded against. The slightest evidence of an attack

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must be immediately combatted with abstinence &  
a gentle purgative, for which there is nothing  
better than the prescription given above. Ac-  
tive purges do harm in those cases by the  
shock and debility they induce.

In evidence of the above statements I may quote the  
venerable Cornaro, Rush &c and more lately  
there is an account of a family which preserved  
its own health and that of many others by these  
means, amidst the devastation of one of the  
most violent fevers.

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